DETOXIFICACTION FOR VACCINATED PEOPLES

1 What is detoxification-

It means removal of toxins, dirt etc. from human body through different processes

2 What are various ways for detoxification

There are many known ways of detoxifying one self, some of them will be explained further below

Medicinal ways

Ayurvedic ways

Spiritual ways*

3 Why we need to detoxify ourself from vaccine

It decreases your body's immunity , not saying it includes chip or not , matter of fact is its still dangerous whether chip is there or not . Also its ingredients are not at all helpful more over it will generate some new kind of diseases. Detoxification is yet too important because most of you are vaxxed ,and if you are redpilled you need to detoxify yourselfs and others.

4 Explain various aspects and ways of detoxification

So the most common that every one of you knows is

Staying hydrated i.e drinking adequate water, Body workouts and exercises

Yet there are more ways for detoxification

Stay away from Biofortified seed/crops .They are new GMO food

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1. Exercising is based.

2. Sunshine is based.

3. Obesity is shit - causes ED n Other disease, it predisposes you to osteoclasts sort heart blood flow issues, also lowers testosterone Get your body in shape.

4. Peak8 workout

4. Vitamin B Complex

5. Vitamin A aka Beta Carotin - Leafy green sprouts, citrus fruits, colored greens, cabbage, papayas, pepper, lotus, sweet potato, spinach,

6. Calcium - all cabbage, juice, sprouts, green veggies, beans, broccoli

7. Choline (Vitamin B Complex) - lentils-beans sprouts, avocados, cabbage family

8. Essential Fatty Acids - germinated nuts n seeds n sprouts, flax seeds, chia sprouts, walnuts, hemp seeds

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9. Iron - Fruits - peaches, apples, apricots, beans, sprouts, green pea, flax seed, pumpkin seeds, sunflower seed

10. Magnesium - Sprouted Raw Almonds, Filberts, bananas, kidney beans

11. Niacin - Avocado, spinach, water melon, green pea sprouts

12. Vitamin B5 - asparagus, broccoli, cauliflower, green peas, sprouted lentils, cabbage, kiwi, guava, mangoes, papayas

13. Vitamin B6 - apples, sprouted wheat, sunflower seed, sweet potatoes

14. Selenium - grass, peas, cabbage, mushrooms, tomatoes, supplements

15. Vitamin B12 - supplements onli

16. Vitamin D - Sun

17. Vitamin E - green veggies, nuts, sprouts, chia sprouts

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18. Zinc - Moong bean sprouts, pumpkin seed sprouts, leafy green veggies, grass

ABOVE 18 POINTS ARE BY https://t.me/Indracavalry

THESE ARE WAYS BOTH FOR INCREASING IMMUNITY AND DETOXIFICATION

INDRA CAVALRY ON TELEGRAM

. The Covid vaccines pollute the entire vascular system with toxic prions that look like virus particles. They are foreign to your body. How will you get them out, and in time to recover?

Curcumin works as an anti-oxidant and increases a brain-derived protein (BDNF) that plays a major role in keeping neurons (nerve cells) healthy. To assist the immune system in removing foreign proteins, Dr. Smith recommends a combination formula (proprietary formula) that includes calcium, vitamin A and C. Add in some cordyceps (synesis) to help prevent the rapid replication of mutated (cancer) cells in DNA while increasing cellular energy levels (ATP) and oxygen utilization in cells.

CURCUMIN IS Main ingredient of TURMERIC i.e Haldi

There are no magic bullets to antidote the COVID-19 inoculation! Why must you take a comprehensive approach?

- To enhance the body's detoxification mechanism.
- Because the less of a burden there is on the immune system the more efficiently the body can remove the vaccine ingredients.

- Key steps to detoxing the body:
  - **Must clean out the intestines and repair the cells. Must remove the sources of toxins (processed foods, aluminum cooking utensils, metal food cans, sushi and other high mercury seafood, aluminum foil, etc.**
    1. Food grade diatomaceous earth: start with one teaspoon of FGD in 10 ounces of spring water upon awakening for one week; then one tablespoon in 12 ounces of water taken for 90 days. This scrubs the walls of mucous plaque, absorbs toxins, and kills parasites. 50% of Americans have parasites. On the 76th day and 90th day take Ivermectin (1cc per 100 pounds) to clean up any residual parasites.
    2. Pre and probiotic to re-implant the healthy micro biome: Prescript-Assist, Kaqun Drops, or Bravo Yogurt. Test dosages.
    3. Must provide essential nutrients to enable the liver to process the toxins being dumped: glutathione, superoxide dismutase, B-complex, Liver Chi.
    4. Must remove the heavy metals especially aluminum, mercury, arsenic, cadmium, lead, and nickel: Platinum Plus (amino acid formula), boron and magnesium malate (both pull out aluminum), zinc, silicon, bentonite and montmorillonite clays, extracts of asparagus officinalis root or yucca root. The Gift contains nano particles of trace minerals to allow the

body to let go of the heavy metals and also alkalize the tissues; it also contains Humic and Fulvic acids to cleanse glyphosate, from the intestines and blood respectively.

5. GABA products can also be used as an adjunct to balance the level of glutamate and to increase the amount of gamma-aminobutyric acid naturally present in the brain.
6. Repair the cell membranes and tissues: Clinician's Preference (11:1 ratio of omega 6 to omega 3 organic, cold pressed oils- vegetable based); Pure Synergy (60 different organic and wild crafted herbs, grasses, vitamins, minerals (supplies all the raw ingredients to repair the nerves, muscles, ligaments, and cells).
7. If there is a problem with candida, mold, yeast, and fungi, they have to be dealt with. One of the best products on the market is from New Zealand: Candida

OK THESE ARE MENTIONED WAYS NOW WE WILL GIVE , AYURVEDIC WAYS ,

1 When it comes to Detoxification Ayurveda recommends "Triphala" it is in one solution to a health solution besides cleansing. Triphala is a

blend of three fruits, mixed in equal proportion of the herb known as Amalaki (Emblica Officinalis) Haritaki (Chebulic Myrobalan), and Bibhitaki (Bellirica Myrobalan).
This mixture is also known as churn, it works towards cleansing the digestive system, colon and detoxifying the entire body. According to Ayurveda, our digestive fire is the main element that is responsible for overall health. It is our solar Plexus that helps us to digest and assimilate the nutrients in our food.

It also helps in cleansing organs like the liver, kidneys, cleansing organs, including the skin and helps to move the waste out of our body.

2 Trikatu is a well-known ayurvedic formulation that helps to cleanse the colon, purify the circulatory system, helps in stimulating digestion as well as revitalizing the digestive fire or so-called "Agni" in Ayurveda. The herbs used in Trikatu have properties that work in synergy to stimulate the digestive fire.

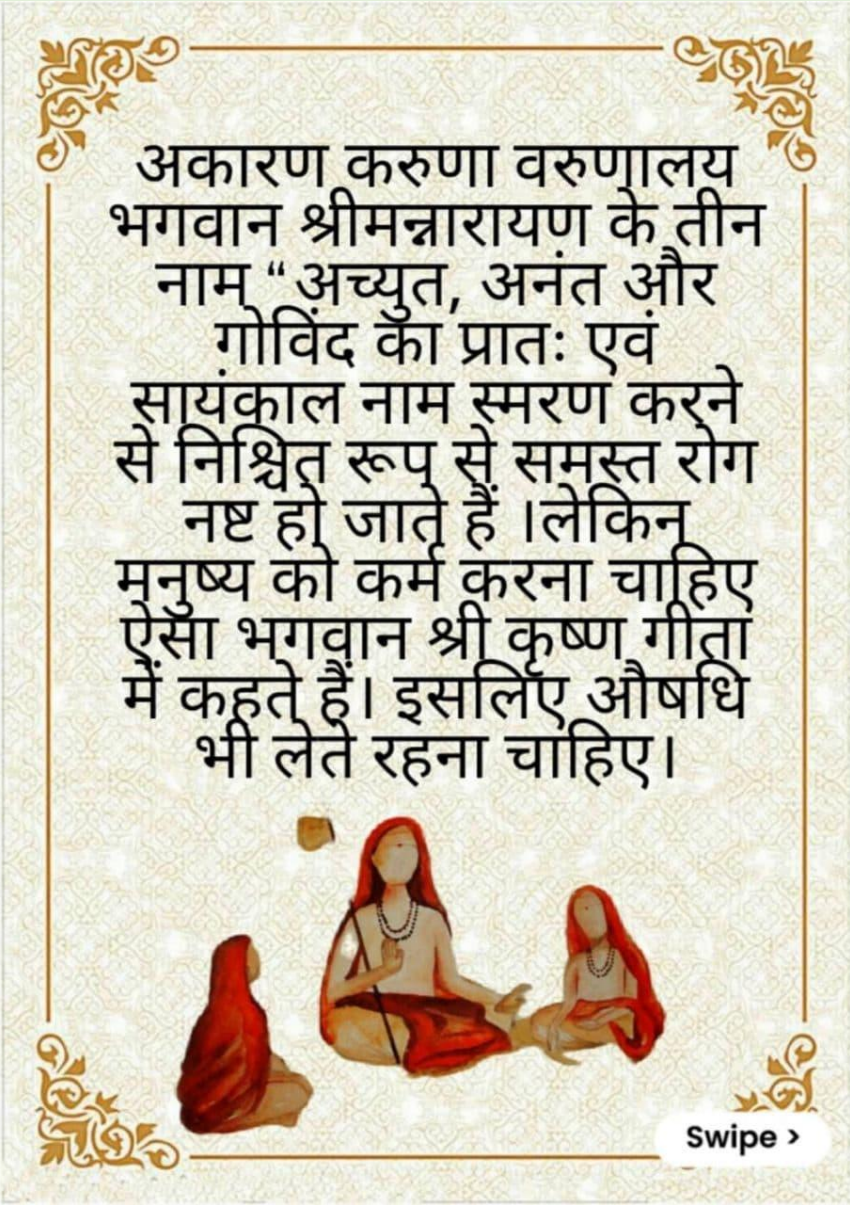
3 Neem is also known as a blood purifying herb that helps to detoxify the body by relieving it of unneeded metabolic waste. This bitter taste herb also has a powerful anti-inflammatory property, which is known for its wound healing, weight loss as well as maintaining a sugar level. The easiest way to overcome toxification is just to chew a few leaves of neem leaves in the morning on an empty stomach.

4 Ashwagola is a Sanskrit name for Psyllium husks, it is also known as Isabgol. The unique characteristic about Isabgol is that it when mixed with water gets swell up and create a slippery gelatin-like substance. The significant part of all detox programs; it's to make sure that toxic wastes are being removed from the body. Psyllium husk has natural laxative and Metamucil fiber properties, which helps to boost the digestion process. The "gelatin" in isabgol holds a great amount of water, helping to soften the feces and smoothes the bowels.

Besides this Isabgol does have many other properties such as valine, amino acids, glutamic acid, acid, alanine, cysteine, glycine, leucine, lysine, which is beneficial for overall health.

By chanting Achyut anant govind and consuming herbs

Swipe ›



THIS IS PART 1 NEXT WILL BE ON ACCUPRESSURE , NATUROPATHY AND SPIRITUAL WAYS

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YURIBAWA